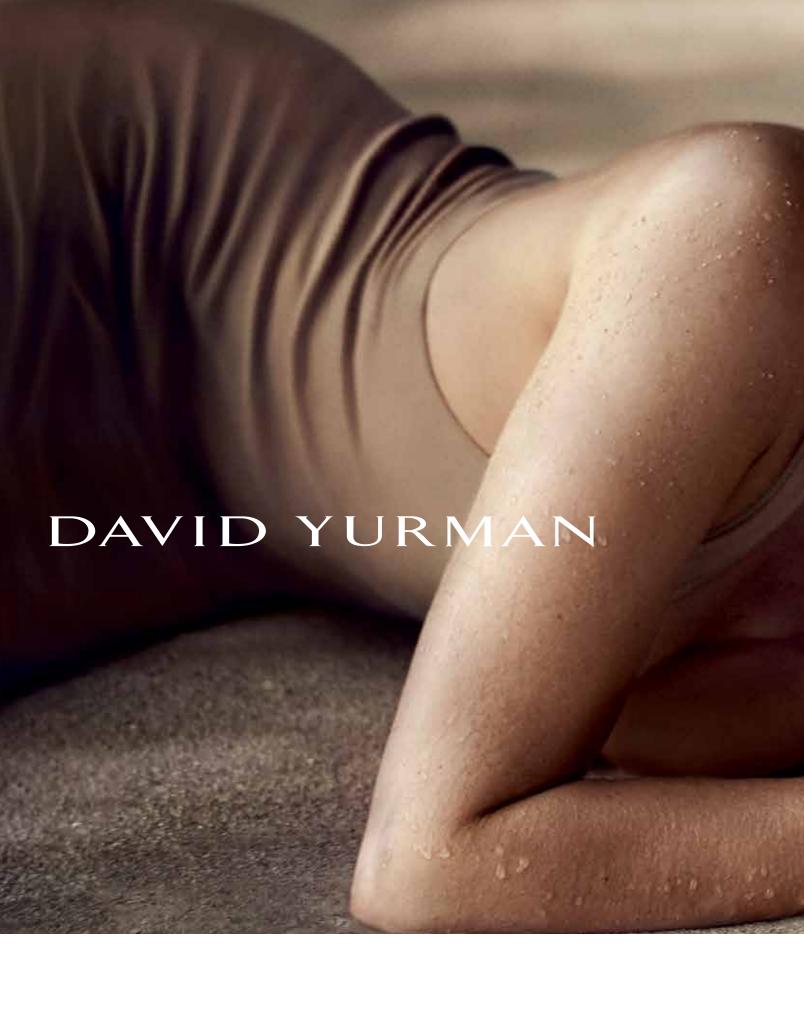


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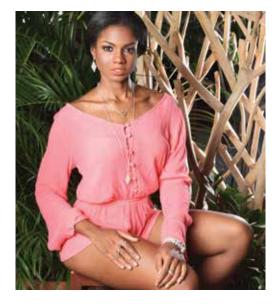
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Fashions for the Island Lifestyle



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Walk, With a Twist!



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Seduced by Soil

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Our Front Cover

Miss World Aruba, Nurianne Helder, spends the day around the pool and in the garden of Papiamento Restaurant in the colorful island-lifestyle fashions of Coconuts by De Palm, from swimsuits to sundresses, accessorized with exciting jewelry collections from Pandora. Hair, makeup, and photography by the multitalented Angelo Trimon.



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FASHIONS 1

FOR THE sland ifestyle

Images by Angelo Trimon

Miss World Aruba, Nurianne Helder, spends the day around the pool and in the garden of Papiamento Restaurant in the colorful island-lifestyle fashions of Coconuts by De Palm, from swimsuits to sundresses, accessorized with exciting jewelry collections from Pandora.

Hair, makeup, and photography by the multitalented Angelo Trimon.

About Coconuts by De Palm: Coconuts by De Palm is one of the island's leading boutiques for swimwear, resort wear, and chic island-lifestyle fashions. Coconuts' branded Biba Dushi (meaning the sweet life in the local language of Papiamento) line offers casual beachwear and accessories that are great souvenirs to take back home. The boutique's RESCUE line supports charitable island causes like the Aruba Donkey Sanctuary.

About the location: Papiamento Restaurant is owned and run by the Ellis family in their 130-year-old country manor. The restaurant is a beloved island culinary institution, welcoming locals and visitors to dine outdoors in the lushly landscaped garden or around the pool, or indoors surrounded by a fascinating collection of antiques and cherished family heirlooms. Visit their website for more information at www.papiamentoaruba.com or call for reservations at (297) 586-4544 or (297) 594-550.

*Read more about Nurianne's journey to Miss World Aruba on our blog-driven website, When in Aruba (wheninaruba.com).



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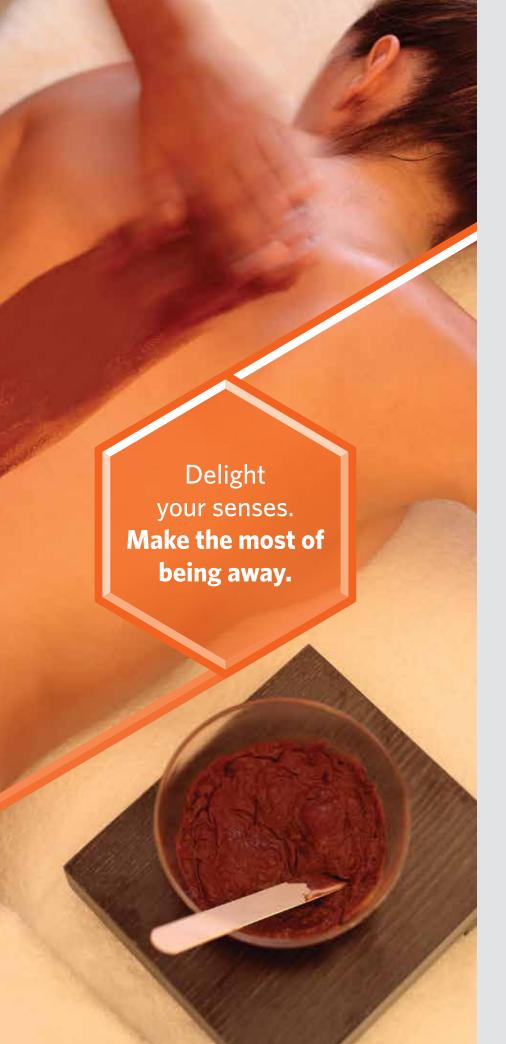
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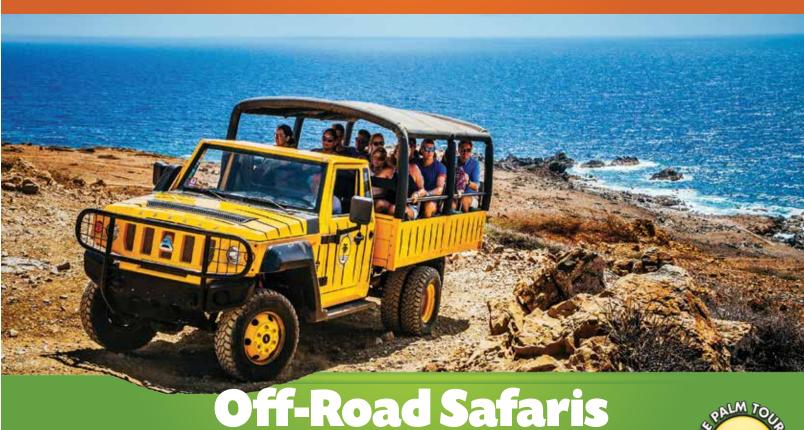






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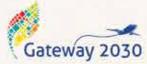


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Remarkably, the United States air seat capacity has seen sizeable growth since 2008 and is forecasted to surpass the 1 million seat capacity mark for the first time in history by the end of 2018. This substantial increase was driven by the demand in primary markets such as Miami, New York, and Curacao.

Our aim is to always look to improve our offering to our valued airline partners and passengers. To keep up with the remarkable capacity growth, we continue to invest in the future by embarking on an extensive expansion project, named Gateway 2030. The expansion project will facilitate the air traffic & passenger growth while also improving the passenger experience with the right blend between technology and customer service.

MARKET SHARE 2018 (Revenue Generating Passengers)











TOP 5 AIRLINES 2018 (Revenue Generating Passengers)



NUMBER OF AIRLINES SERVING ARUBA



TOP 5 MARKETS 2018 (Capacity Share 2018)











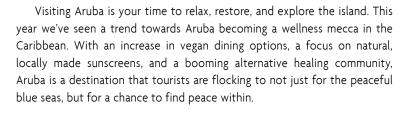
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Guided Nature Walk, With a Twist!



Text by Meredith Marin Images by Tina Causey-Bislick

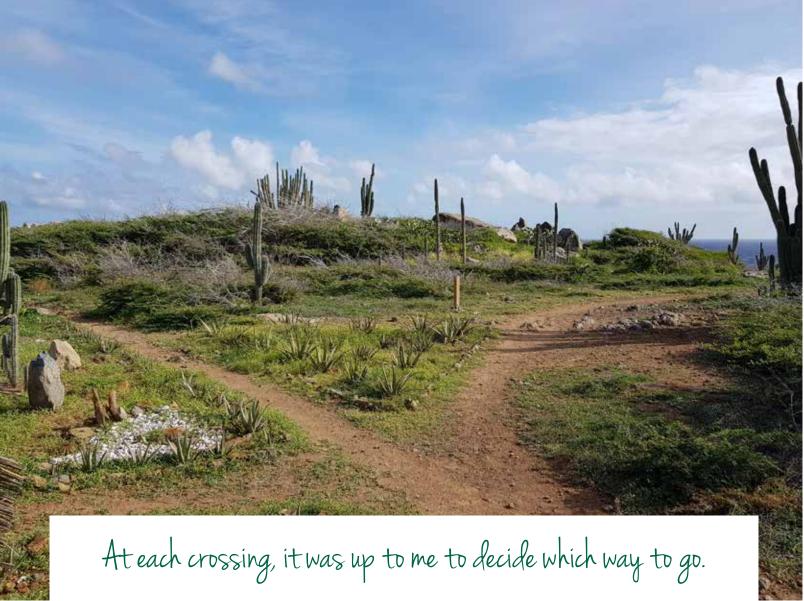


Annelotte Prins, a health and life coach with a physical therapy background, recently launched a popular new activity on the island. Wandeltherapie, in Dutch, or in English, Walking Therapy, is a cross between an Aruban nature tour, a meditation experience, a therapy session, and a workout. It's a new, mindful way of seeing the island with a local guide while seeing yourself in a new way as well. Anne started her practice, Turtle Flow Aruba, with a holistic approach, creating exercises customized to each client's interests and needs, offering them as tools to open up, look within, and feel at ease. Anne uses metaphors from nature to create resonance and bring out a sense of selfacceptance and understanding.

I had the opportunity to experience Wandeltherapie with Anne on the walking trails of Alto Vista on the north side of the island. Before we started out on the path, she explained, "It's like walking with a friend, but that friend has no idea about your life. There are no judgments, only curiosity, a different perspective. You're free to be who you are with literally new paths to walk."

"But why meet up here at Alto Vista?" I asked. She replied, "Out in nature, your mind is open, not confined by the corners of a room in a building. When you are in movement, your thoughts are getting out of their patterns. Your view is changing around you, and your thoughts can be more flexible. Spending time in nature makes you realize you are part of something so much greater, and your problems are reduced with each breath of fresh air."





We started with a seated meditation in the rock garden by the Peace Labyrinth of Alto Vista. I felt the wind swirling around us and the warm sunbeams hugging me. Anne then gave me the space to walk the labyrinth. What a unique experience! She explained that a labyrinth is different than a maze, where you need to find your way out. In the labyrinth, all I needed to do was mindfully follow the trail, and it would lead me right to where I was supposed to be.

We then walked together for about two hours through the Alto Vista trails. At each crossing, it was up to me to decide which way to go. Amidst the vast cactus-strewn desert and the ocean breeze, I began to connect with my breath and my body. We walked toward the sea and sat on a rock to watch the waves crash. Anne asked me if there was anything in my life that I was working on. I shared my focus on letting go of past pain, negative thoughts, and anxiety. She asked me to choose a rock, and I picked up a smooth gray stone. She said, "This is your 'letting go' rock. Take it home with you. Use it in meditation. When you

feel that you don't need it anymore, come back to this spot and return it to where it came from."

Being in nature is a powerful way to disconnect from work, relationships, and stress, and to just be, to find stillness. "Sometimes words just cannot explain what's within," Anne suggested. At some moments, we were silent. During others, we shared thoughts, ideas, and feelings. When I got into my car to drive home that morning, I thought, *Wow, when can I do that again?* Sometimes we are so deprived of nature, we don't even realize what we are missing.

If you spend your days sitting in an office cubicle, this is for you. If you're searching for your life's purpose, this is for you. If you have trouble making decisions and need to clear your head, this is for you. If you're feeling tired, uninspired, and ready to change your lifestyle, this is for you. If you want to focus on health and detox instead of disease and suffering, this is for you. If stress relief is what you're seeking, this is for you.

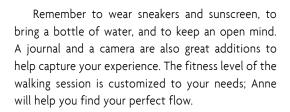




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Amidst the vast cactus-strewn desert and the ocean breeze, I began to connect with my breath and my body.



To contact Annelotte Prins at Turtle Flow Aruba or to book a Walking Therapy session, email her at turtleflowaruba@gmail.com. Part of Turtle Flow's proceeds go towards supporting the following foundations: TortugAruba, Goshen Sustainable Farm, Aruba Reef Care Foundation, and Aruba Birdlife Conservation.



"This is your 'letting go' rock.

Take it home with you. Use it in meditation. When you feel that you don't need it anymore, come back to this spot and return it to where it came from."









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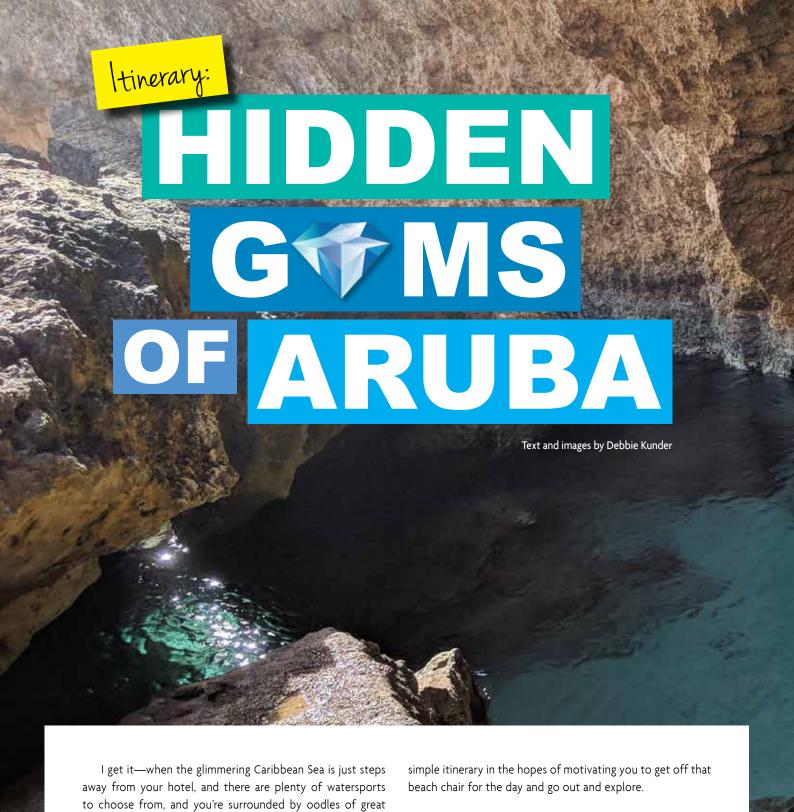
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restaurants and shops, and it's all just so easy breezy, why would you want to stray from the island's hotel areas? Truth is, it would be a shame to miss out on some of the really spectacular places and experiences that the island has to offer outside the comfort zone of the hotel areas. To get you started, I've chosen three of my favorite secluded places on the island—hidden gems, if you will—and added them to a

Plenty of Jeep, Land Rover, and UTV tours will take you to the places listed below, but I suggest renting a car for the day and heading out on your own so you can mosey along at your own pace. Get Google maps up and running on your phone or grab a map of the old-fashioned variety (yes, they still exist!), and you're ready to go! (A sturdy pair of shoes and plenty of water is also recommended.)





Bright Bakery, I pm

Google Maps: Bright Bakery, Paradera, Aruba

Yes, I realize I just started you off at a bakery! But for good reason—you'll need some lunch to keep you energized for your afternoon adventure. Bright Bakery offers simple sandwiches and light snacks, but even more importantly, they offer a large assortment of baked goodies, which is the real reason we're here! I advise stocking up on some sweet treats for a beach picnic later in the day. My top recommendation? The sugar-coated donuts. Divine. Or if your prefer something more local, go for the drigidek, a dense spice cake you can eat by hand.



The "New" Natural Pool, 2 pm

Google Maps: Bushiribana Gold Smelter, Aruba

The "new" natural pool near Bushiribana Gold Mill Ruins was created many, many years ago by the tandem efforts of pounding surf and strong winds, so there's clearly nothing "new" about it. It's just that only more recently has its existence become common knowledge (as opposed to the much more popular Natural Pool in Arikok National Park). What I love about this hidden gem is that it truly is entirely hidden from view, even when standing right at the edge of the limestone cliff that you have to descend to reach the





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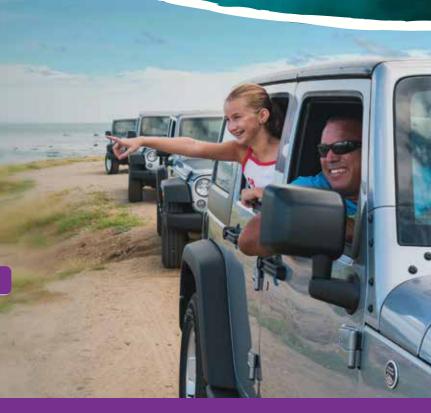
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pool. Of course that makes finding the pool a bit tricky, so you can ask one of the vendors near the gold mill ruins to point you in the right direction, but you're basically going to make your way over to the water's edge, just a bit south of the ruins, and look for the top of the ladder that is poking above the edge of the cliff. Once you've descended (don't worry...the ladder is very sturdy), you're going to pick your way carefully over the craggy limestone until you find the gorgeous little pool.

Go ahead and get in! Or just sit at the edge and savor the beauty of this secluded natural treasure, or enjoy the equally beautiful waves rolling in and crashing into the cliffs nearby.



Blackstone Beach, 3:30 pm

Google Maps: Blackstone Beach, Santa Cruz, Aruba

Unfortunately, you can't drive along the coast from the pool to Blackstone Beach, so you'll have to go inland a bit to make your way there. You will pass Ayo Rock Formation, which is an excellent place to stop and explore if you have the time. Just beyond Ayo, you'll see a sign for Andicuri Beach—that's where you're headed. The dirt road will take you through a cactusstudded valley to Andicuri, a popular body boarding spot for locals. The dirt road turns into a sandy one as you approach the beach, so unless your vehicle has four-wheel drive, I would suggest parking before the road gets too sandy and walking the rest of the way to Blackstone Beach rather than risk getting stuck in the sand.

Continuing along the road past Andicuri, you'll come across some big rocks laid out in a circular fashion on your left. Upon closer inspection, you'll find that these rocks are marking off two blowholes in the limestone terrace. It's just a little beyond these blowholes that you'll find Blackstone Beach.





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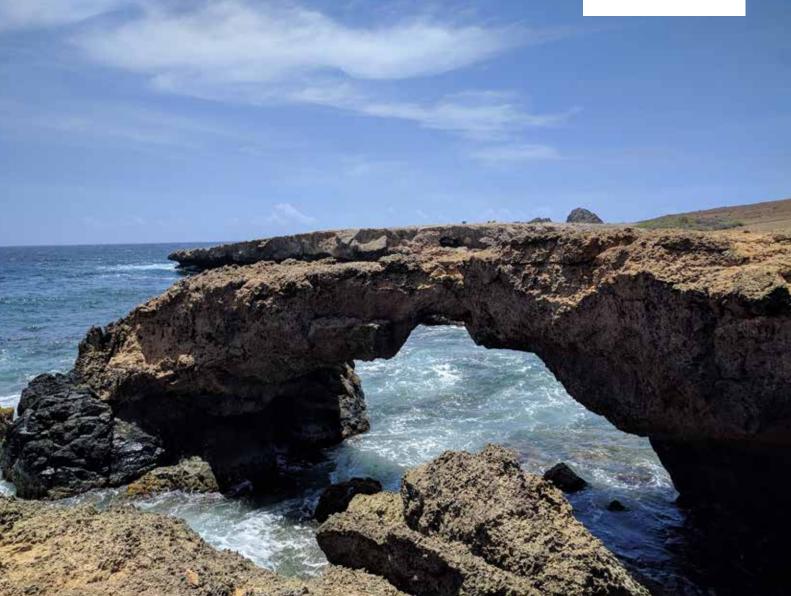
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Blackstone Beach is the only beach in Aruba made up of black sand and smoothened black volcanic stones. It's a very small beach, so don't plan on laying out your blanket and catching some rays.

Rather, enjoy exploring the three natural arches that also characterize this beach. Yes, three! Of course, everybody knows about THE Natural Bridge of Aruba that collapsed in 2005, but Aruba is home to a handful of natural bridges, including these beauties here at Blackstone Beach.









Kleine Aruba, Boca Keto & Boca Fluit, 4:30 pm

Google Maps: Rancho Daimari, Santa Cruz, Aruba There are two different ways to reach our last hidden gem, and access from Daimari Ranch is by far the easiest. Use your map to navigate to Daimari Ranch, a horse ranch tucked into a little valley close to Daimari Beach. The last piece of the road that brings you down into the valley is a bit tricky, so I would suggest that if you don't have fourwheel drive, park at the top and walk down to the ranch.

Near the entrance to the ranch, you'll find a trail marked with a sign indicating that you're entering Arikok National Park. Taking this trail, you'll pass Daimari Beach on your left—a beautiful beach worth checking out. The trail turns to the right so that you're heading south along the coast. With a bit of patience, you'll eventually encounter a towering sand dune, and just beyond, you'll reach our destination.

The huge rock sitting in the middle of the cove here is Kleine Aruba (Little Aruba), called as such since it is shaped like Aruba (locals also refer to this limestone rock as Moro). The beach to the left is called Boca Keto, and to the right, Boca Fluit.



I am always moved when visiting this spot. Enclosed by the surrounding hills, this sandy cove is charged with a magical energy that never gets old. Oh, and remember those snacks you picked up at Bright Bakery? Now is a good time to break them out for a mini picnic.

You could easily continue in the same direction along the coast to reach the Natural Pool, but whether you continue on or not, you will return to your car the same way you came.



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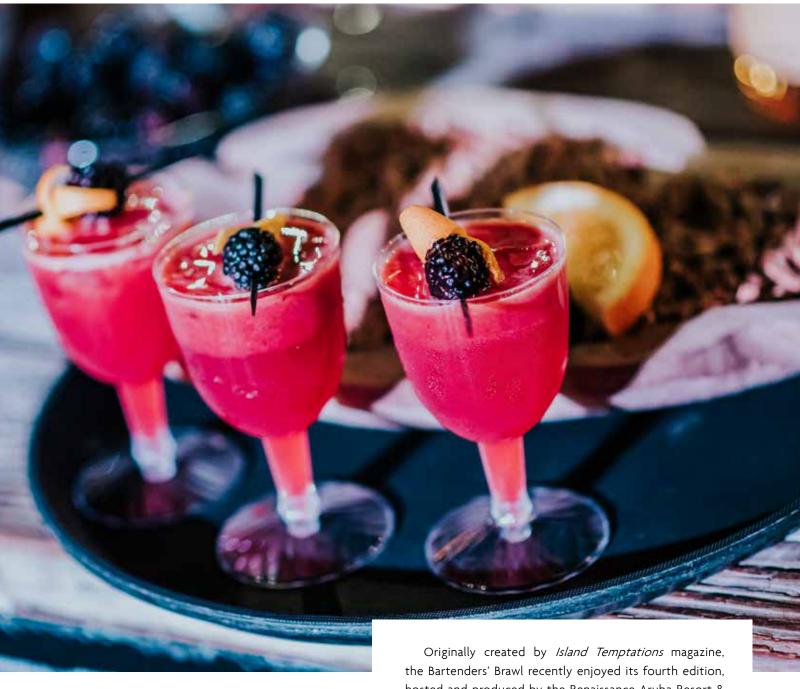






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LOCAL BARTENDERS RAISE THE BAR WITH COCKTAIL CREATIVITY hosted and produced by the Renaissance Aruba Resort & Casino at the resort's Festival Plaza in downtown Oranjestad on November 24. The elegant event showcased nine of Aruba's top bartenders impressing event-goers with their original craft cocktail creations.

Aruba's local spirit distributors were the essential collaborators for the event, supplying all the liquor and necessary ingredients to produce these exciting libations for attendees of the event to enjoy. Renaissance's culinary team fueled the guests with savory noshes like juicy beef sliders, mini chicken skewers, Spanish tapas, and kesio for dessert, while local deejay extraordinaire Deejay Jason provided an upbeat, lively backdrop to the festivities.









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Taste of Belgium Restaurant located at the Palm Beach Plaza Mall is the place to be for all your meetings, breakfast, lunch, special occasions, specialty beers, dinner and so much more. Taste of Belgium is open every day from 8am till midnight every day our team is ready to make your experience unforgettable.

With the focus being on family at Taste of Belgium, every Sunday from 11am till 2.30pm Taste of Belgium offers an extensive brunch menu including a full vegan menu to make sure everyone has something to satisfy their cravings.



Not only does Taste of Belgium offer the largest Belgian beer collection on the island. With the daily happy hour from 5pm to 7pm you have ample opportunity to try every beer in our collection. With a variety of specials ranging from early bird, dinner & movie and even dinner & escape offers. Taste of Belgium is where guests can leisurely start their day, meet friends, hold business meetings as well as arrange wine tastings, high teas and beers.

The Taste of Belgium team invites you to come and enjoy our cozy atmosphere.

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Daily Happy Hour

5pm-7pm | Half price on all drinks incl. Belgian beers, organic cocktails & bottles of wine.

Early Bird

Daily Spm to 7pm | 3-course dinner - \$28.50 p.p.

Sunday Brunch

Every Sunday | 11am - 2.30pm Mimosas | \$42.00 p.p. Reservation required!

Vegan Brunch / Lunch

Every day we offer a special Vegan Lunch Menu + Every Sunday a Vegan Brunch *Reservations required

Private Area

Special occasions, groups & events. Ask for our catering packages, we can work with any budget.

Dinner & Movie

Mon-Fri | 5pm-10pm \$34.50 p.p.3-course dinner & free movie ticket!





The judges also lauded second-place winner Antonio Altomonte, a bartender at the Lobby Bar & Restaurant who was representing spirit distributor Pepia Est NV. His "Kentucky Passion" was made with Buffalo Bourbon, Bols Banana Liqueur, Cointreau Noir, grapefruit bitters, ginger beer, and a dash of vanilla sugar, garnished with a sliced strawberry topped with passion fruit puree and a basil leaf. The judges were impressed by how well the bourbon was complemented by the other ingredients.

Another special commendation went to "Pasiflora Remedy," presented by charismatic bartender Michael Gomes from Apotheek, representing distributor Manrique Capriles. The cocktail featured Fair Juniper Gin made in Belize, combined with simple syrup, passion fruit, muddled cucumber, and muddled ginger. The creation was topped with vegan garbanzo foam and garnished with local cucumber and black sesame seeds.

The rest of the brawling bartenders contributed the following noteworthy entries:

Fitzgerald Arends, a bartender for La Vista Restaurant at the Aruba Marriott Resort & Stellaris Casino, created "Purple Dragon" with Fair Vodka from Belize, distributed by Manrique Capriles. The concoction also featured simple syrup, orange juice, kumquat and acai liqueurs, and lime juice, topped with egg-white foam and colored sugar.

The effervescent Paola Cisneros, a bartender at Gelatissimo, created "Dream Catcher" with Belvedere Vodka, distributed by the Aruba Trading Company. Freshly made lemon sorbet, green apple syrup, and pear syrup also made their way into the libation, which was topped with Italian Prosecco. The purplish-pink, creamy cocktail was decidedly cool, fresh, and elegant.

Lee Croes, a bartender at Heart Bar, created "Apple Pie," which he called the story of his childhood in a glass, having spent many years in the USA. He mixed Bacardi 8 with local tamarind juice, adding a simple syrup made with raisins, apples, sugar, and pumpkin spice. He finalized his entry by topping it with egg-white foam and caramelized fruit.



Yanis Garcia, a bartender at Azia Restaurant & Lounge and last year's title winner, created "Blanca Mia" with La Cava NV's Diplomatico Blanco Reserva (aged for six years in the barrel), simple syrup, a dash of cinnamon, lychee juice, homemade mango-lime-ginger jam, falernum sweet syrup as a traditional Caribbean accompaniment to the rum, and a hint of chili pepper, wonderfully balancing the opposing

Errol Allemekinders, a bartender at Salt & Pepper, served a cocktail created by Kevin Kock of Divino Wine & Spirits. The "Deconstructed Blackberry Mule" was a contemporary twist on a much-loved classic, combining Tito's Handmade Vodka, blackberries, and ginger foam.

The team at Renaissance Aruba Resort & Casino was proud to provide a venue for Aruba's talented bartenders to showcase their creativeness and further elevate the island's growing craft cocktail scene. Cheers to all the bartenders and distributors that helped make this a dynamic evening!





Locals Lve It!



Reef-Safe Organic Sunscreen Butter

Arubalife Organics, founded by local Julienne Paskel, offers Reef-Safe Organic Sunscreen Butter, handcrafted with natural ingredients like shea butter, coconut oil, jojoba oil, bee's wax, and non-nano and uncoated zinc oxide. The ingredients are all biodegradable as well. While not waterproof, it is water resistant for up to 80 minutes and should be reapplied after swimming or exercising. The sunscreen has an SPF of 30, providing excellent UVA/UVB protection.

Dragon Fruit from Mi Boca Dushi Snacks

Loaded with phytonutrients and antioxidants, the fruit of the dragon fruit cactus is grown in abundance by local farmer Jimmy Ramos and sold at Mi Boca Dushi Snacks in Noord.



Locals Lve It!



Amada's Kombucha

This healthy, probiotic-laden, fermented tea is made locally under the Amada's Kombucha label. Available in a variety of flavors, including ginger, mango, blueberry, local cashew fruit, lemon, peach, and pineapple, Amada's Kombucha is available at Eduardo's Beach Shack, Garden Fresh, Nourish Café, One Happy Bowl, and Manchebo Beach Resort.



Uno de 50 from Rage Silver

Carefree and whimsical yet handcrafted with meticulous detail, the unique lines of this handcrafted jewelry from Spain make the perfect beach-chic statement. Uno de 50 is carried locally at Rage Silver at two locations: Renaissance Marketplace and Palm Beach Plaza Mall.

Locals Lve It!



Ritual Coffee Culture at The Ritz-Carlton, Aruba

Featuring the Illy Coffee Blend, Ritual Coffee Culture presents coffee aficionados with a variety of tempting menu items, including freshly brewed drip coffee as well as a range of other coffee beverages, artisanal pastries, desserts, sandwiches, homemade gelato, and healthy salads.

Aruba Downtown Walking Tours

Enjoy a dynamic, interactive tour with local experts sharing an authentic perspective on historic downtown Oranjestad. The tours are rich in history and local anecdotes about cherished monuments and significant architecture, with stops at various eateries for noshes of Aruba's traditional cuisine, as well as stops at artsand-crafts boutiques and museums.



Locals Lyve It!



Brunch at Taste of Belgium

This a la carte, all-you-can-eat Sunday brunch is a delight! Croissants filled with authentic Belgian chocolate, Belgian waffles (of course!), omelets, crepes, and savory dishes like carpaccio, garlic-laced escargot, Belgian-style fish and chips, and much more are accompanied by bottomless flutes of mimosas.





Rhinestones, Sequins & Feathers, Oh My... IT'S CARNIVAL 65!

Images provided by the Aruba Tourism Authority

evolved tremendously over the past six and a half decades. Back in the 1950s, Aruban Carnival consisted of a few parades where roughly 120 participants shimmied to the tunes of steel bands playing Trinidadian calypsos and road marches. Today, Aruban Carnival is a two-month-long celebration boasting a packed schedule of Carnival gueen elections, tumba and calypso music competitions, jump-ups (street parties), and an array of parades characterized by colorful floats and pumping sound trucks that fuel the thousands of party-hard spectators and paraders decked out in extravagant costumes.

The various parades form the backbone of Aruban Carnival. There are between 15 and 20 Carnival groups each year, with each group choosing its own original theme. Each group is subdivided into various sections, the number depending on the size of the



group. Every group has a "massa," which is always the biggest section, its members' costumes reflecting the group theme. The bigger groups will have additional specialized sections, with each section representing a unique variation on the theme according to the vision of its own costume designer. It's within these sections that you'll find the most awe-inspiring costumes, impressive headpieces, towering shoulder pieces, and massive road pieces. All groups have their own live band with mammoth speakers rolling along on a tractor trailer, and most groups have their own queen and at least one painstakingly decorated float.

A FEW OF THE MOST POPULAR ARUBAN **CARNIVAL EVENTS:**

FAKKEL **JANUARY 5, 2019**

The Fakkel parade in Oranjestad kicks off the Carnival season with plenty of fanfare and creativity. The beauty of Fakkel is that anyone can join by participating with one of the established Carnival groups, and it's very inexpensive to do so. Each group chooses its own Fakkel theme (which is different from the theme it uses for all other parades), and anybody participating with that group for Fakkel receives a T-shirt that reflects this theme. There are no bounds to what participants do with their tees—cutting them, twisting them, and embellishing them with lights and rhinestones—to give them their own personal touch.

JOUVERT MORNING FEBRUARY 23, 2019

Jouvert Morning kicks off the last week of the Aruban Carnival season. This thrilling street party, also known as the pajama party, is not for the faint of heart as it starts before dawn—at 3 am!— in the oil-town of San Nicolas at the southern tip of the island. It's an incredible sight to see as several thousand revelers, beer or rum in hand, shuffle behind the island's most popular bands with their brass sections, drums, blaring speakers, and contagious panache.





SAN NICOLAS LIGHTING PARADE

FEBRUARY 28. 2019

Following the Lighting Parade in Oranjestad, the sounds trucks and floats make their way down to Sunrise City in preparation for San Nicolas' rendition of the Lighting Parade. The vibe is decidedly funkier and looser as paraders and revelers light up the streets of what is considered to be the birthplace of Aruba's Carnival.

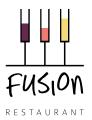
SAN NICOLAS GRAND PARADE & **ARUBA'S 65TH GRAND PARADE**

MARCH 2 & 3, 2019

The Grand Parades are the final hurrah of the Aruban Carnival season. The first takes place in San Nicolas, and the second in Oranjestad. All the paraders bring their A game to these daytime parades—blisters are ignored, trumpets are shined, and missing rhinestones are replaced in order to deliver spectacular final performances.

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Steakhouse Menu

New











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Island visitors are highly encouraged to attend the various Carnival celebrations and parades (see full schedule below), which play such an important role in defining Aruba's culture. It's the biggest party of the Aruban year, and you simply can't miss it!

ARUBA CARNIVAL 2019 SCHEDULE

JAN 5: Torch Parade, Oranjestad, 8 pm-2 am

JAN 12: Prins & Pancho Elections, Harbour Arena, Oranjestad,

7 pm-12 am

JAN 19: Children & Youth Queen Elections, Harbour Aruba,

Oranjestad, 7 pm-12 am

JAN 24: Carnival Queen & Mrs. Carnival Election, Harbour Arena,

Oranjestad, 7 pm-12 am

JAN 26: Tumberito Festival, Harbour Arena, Oranjestad,

6 pm-12 am

JAN 27: Balloon Parade, San Nicolas, 1 pm-6 pm

FEB 1: Sunset Parade, Noord, 8 pm-2 am

FEB 2: Grand Tumba Contest, Harbour Arena, Oranjestad, 8 pm-2 am

FEB 3: Kids & Youth Calypso & Road March Contest, Carnival

Village, San Nicolas, 6 pm-12 am

FEB 4, 5, 6 & 7: Pre-Final Caiso & Soca Monarch, Carnival Village,

San Nicolas, 7 pm

FEB 9: Grand Final Caiso & Soca Monarch, Carnival Village, San

Nicolas, 7 pm-3 am

FEB 17: Grand Children Parade, Oranjestad, 1 pm-6 pm

FEB 23: Jouvert Morning, San Nicolas, 3 am-8 am

FEB 23: Aruba's Grand Lighting Parade, Oranjestad, 8 pm-2 am

FEB 24: Grand Children's Parade, San Nicolas, 1 pm-6 pm

FEB 28: San Nicolas Lighting Parade, San Nicolas, 8 pm-2 am

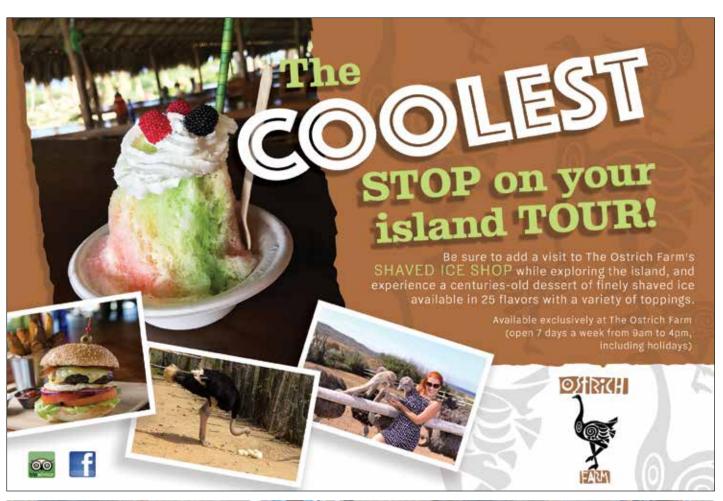
MARCH 1: Hebe Hebe, Post Office Parking Lot in Oranjestad,

8 pm-1 am

MARCH 2: San Nicolas Grand Parade, San Nicolas, 10 am-7 pm

MARCH 3: Aruba's 65th Grand Parade, Oranjestad, 10 am-7 pm

MARCH 3: Burning of King Momo, Harbour Arena, Oranjestad, 8 pm









Most of Aruba's agricultural products are shipped in from abroad, but some locals are trying to change that. In July 2018, 15 local growers joined United Farmers Aruba, a co-op for both large- and small-scale farmers on Aruba working together to successfully produce high quality, sustainable agricultural products for the local community. An increasing number of local farmers are proving that a wide variety of agricultural products can be grown or produced on this "desert" island. Check out three farms that are breaking new ground in our farming community.

Goshen Sustainable Development

The Goshen farm is located on an elevated plot of land in Alto Vista that affords views of the high-rise hotel area. James Ocalia, managing director of Goshen Sustainable Development, makes sure to adopt good agricultural practices, such as abstaining from the use of GMO seeds and synthetic pesticides and fertilizers, as well as working with the environment, not against it. In other words, he's growing both organically and sustainably. The farm is divided into several sections, each producing different crops. The staple crops include Aruban cucumbers, long beans, okra, and Swiss chard, while the seasonal produce includes pumpkin, papaya, different melon varieties, and mangoes. The little Aruban cucumbers, locally known as "concomber chikito," are his biggest crop—he's harvesting about ten kilograms every one to two days.

After harvesting his produce, James sells it out of his charming produce stand on the farm premises, providing a farm-to-table experience

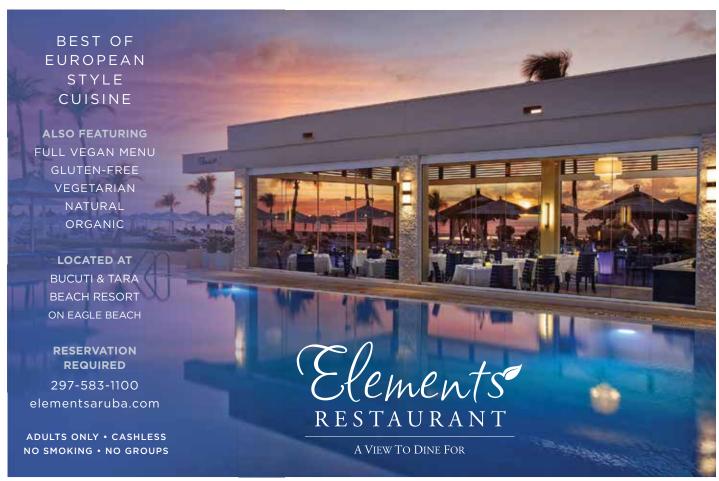
for the community, bringing them back to the land. Most days, he's sold out of his cucumbers by the afternoon. His clientele consists mostly of individual members of the community, some of whom are cooking typical Aruban food like cucumber stew—in large batches to sell at community events. James also sells his nowfamous smoothies, using the farm's cucumbers as the foundation of the signature Goshen smoothie.

Goshen is also connecting people back to the land by hosting cooking demonstrations for both locals and island guests. These educational culinary experiences feature fresh produce from the farm.

Visit the farm for fresh produce and a Goshen smoothie. For more information, visit @goshenaruba on Facebook.







Ico living Aruba

Roos Poels and Daniel Barros defied the critics who told them that nothing grows in Aruba. The couple claimed an empty space on the property of Gasparito, Daniel's family's restaurant, and started researching and experimenting to create their garden. From the beginning, they both agreed that they wanted to grow in a sustainable, eco-friendly way. "We wanted to work with Aruba's nature and figure out through trial and error what works here," explains Roos. They basically stick to the principles of permaculture—the development of agriculture ecosystems that work with rather than against nature—and even presented a course in it in 2015.

Roos and Daniel are fortunate to be able to tap water from a freshwater well on Gasparito's premises to keep their plants happy, but they've discovered that what keeps their plants the happiest is healthy soil. "Seventy percent of your production success comes down to the health of your soil," explains Daniel. "If you have healthy soil, your plants will be strong enough to ward off pests on their own, which means no pesticides, which means 100% organic produce." After researching the heck out of composting, the couple set up their own nifty composting system that yields wonderfully rich, healthy soil. Two pigs and some chickens provide the manure.

To figure out what works and what doesn't on Aruba, Roos and Daniel have experimented with a variety of vegetables. They grow one vegetable at a time—the control, if you will—in order to test different variables.

Once Roos and Daniel figure out what works well, they share the results with others. Roos explains, "So at this point, Eco Living is more a business of inspiration. We find out what works well and disseminate that information to others. We're basically saying, 'If you have a small space to grow things in Aruba, here is what you can do, and here's the best way to do it."

For information on Eco Living Aruba's consulting services, courses, plant swaps, and upcoming events they will be attending, visit @ecolivingaua on Facebook.





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THE RITZ-CARLTON SPA

ARUBA

The Ritz-Carlton Spa, Aruba is a 15,000-square-foot sanctuary that captures the lush, tropical environment and mysteries of the island where guests are invited to indulge their senses and unwind under the expert hands of the island's best therapists. This oasis offers state-of-the-art facilities, including 13 calming treatment rooms, a hair and nail salon, wet lounges, an oxygen bar, and a retail boutique. The soft Caribbean hues and natural beige furnishings reflect the destination's ocean backdrop paired with its arid landscape, offering guests a tranquil island ambiance that balances the mind, body, and spirit.

A variety of specialty local signature treatments invite guests to discover Aruba through ancient health, beauty, and wellness rituals. These treatments incorporate the healing properties of native plants, botanical blossoms, herbs, minerals, and fruits, including aloe, cactus, coconut, and oil sourced from Divi Divi trees.

LOCATION

The Ritz-Carlton Spa, Aruba Tel: (+297) 527-2222 ext. 2525. Call toll-free 1-800-241-3333 Website: www.ritzcarlton.com/aruba Hours of Operation: Daily from 9am to 6pm





A tranquil oasis of bamboo and water features creates a soothing environment that boasts eight treatment rooms where guests can enjoy a full menu of services, including the signature Azeta di Coco Massage, which combines warm coconut oil with a massage utilizing slow, localized movements to both heal the skin and relax tense muscles. Additional treatments include advanced skincare therapies, therapeutic and integrated massages from around the world, exfoliating and detoxifying body treatments, and a full-service salon. All of the massage treatments, including couples massages, may be experienced in a beachside cabana, accompanied by the gentle sounds of nearby waves.

LOCATION

Hilton Aruba Caribbean Resort & Casino

Tel: (+297) 526-6052

Email: auahh_eforea_aruba@hilton.com

Website: www.hiltonaruba.com

Hours of Operation:

Spa: 9am to 6pm (Monday to Saturday) and 9am to 5pm (Sunday)

Fitness Center: Open 24 hours daily













Hyatt Regency Aruba's ZoiA Spa—meaning "balance" or "poise" in Papiamento, the island's dialect—boasts eight treatment rooms, including two expansive spa suites, and an extensive spa menu featuring native ingredients.

The Aruba-inspired, all-natural treatments are based on four key Caribbean elements—sun, sand, sea, and love—and correspond to the colors of the Aruban flag—yellow, white, blue, and red. Treatments with the element of the sun, which signifies energy, are geared towards brightening and revitalizing the skin through the use of botanical blossoms. Treatments with the element of sand, which evokes purity, detoxify and rid the skin of impurities through the use of Aruba's mineral-rich mud. Treatments featuring the element of the sea are designed to make guests feel complete relaxation, much like the serenity felt when listening to gently crashing waves. The final element, love, represents devotion and commitment; these treatments incorporate Aruba's indigenous aloe plant and other botanicals, herbs, crystals, and oils to help guests achieve a sense of wellbeing through the use of traditional island methods.

ZoiA Spa offers an idyllic location for serenity and tranquility, further enhancing its "authentic island chic" mentality.

LOCATION

Hyatt Regency Aruba Resort Spa & Casino

Tel: (+297) 586-1234

Website: www.aruba.hyatt.com

Hours of Operation: Daily from 8am to 7pm



Indulgence Sea by the Sea SPA

Indulgence by the Sea Spa, at Divi All Inclusive Beach Resort, celebrates 15+ years on the island. The spa offers an extensive menu of massages, facials, body treatments, manicures, and pedicures. Indulgence prides itself on using organic body care lines, including Eminence Organic Skincare & Farm House Fresh Goods. The menu is so delicious, it will leave you yearning for more.

How about an AruBanana Rumtini Pedi, Desert Willow Ageless Hydration Facial, or Splendid Dip-Coconut Cream Massage?

LOCATION

Divi All Inclusive Beach Resort

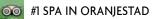
Telephone: (+297) 583-0083 resort ext. 5298

www.spaaruba.com Email: info@spaaruba.com

Hours of Operation:

Monday-Saturday from 9am to 6pm,

Sundays from 9am to 4pm











Indulgence Sea by the Sea SALON

Indulgence by the Sea Salon, at the Tamarijn All Inclusive Beach Resort, has gained the reputation as the island's special occasion and bridal experts. The full-service Wella Professionals Salon is newly renovated and is now offering skin & body treatments. Customized menus include Skipping Down the Aisle Pedis, Gown Glam Exfoliations & Blushing, and Blushing Bride Facials. This is your time to relax, reflect, revitalize, and rejoice.

LOCATION

Tamarijn All Inclusive Beach Resort

Telephone: (+297) 582-0752 resort ext. 5291

www.spaaruba.com

Email: info@spaaruba.com

Hours of Operation:

Monday-Saturday from 9am to 6pm,

Sundays from 9am to 4pm





The Ultimate Spa Escape, It's All About You!

An authentic spa experience can be found at Pure Indulgence Spa, located at the Divi Phoenix Beach Resort. The spa offers the ideal balance between state-of-the-art facilities and organic, island-inspired treatments utilizing fresh fruits, vegetables, flowers, and herbs. Tailored experiences like beach massages and bridal and group spa days are also offered.

Thoughtful details include natural stone and marble finishes, wood tiles, handcrafted cedar wood elements, and hydrotherapy features throughout the décor. Luxurious treatment rooms, including two dedicated couples suites, and the spa's loft (dedicated to nail treatments) offer breathtaking views spanning from Eagle Beach to the California Lighthouse. The Pure Lovers Suite features a Microsilk Hydrotherapy Jacuzzi bath, premium Hansgrohe Raindance rain showers, and a couples steam room.

Pure Indulgence offers a new complete menu of all-natural and organic, on-trend treatments for body and skin that smell and sound good enough to eat or drink. How about a Merlot Massage, Chocolate-Covered Strawberry Bliss Body Scrub & Wrap, Cucumber-Avocado Refreshing Facial, or Mint Bliss Bubbletini Manicure and Pedicure? YES, please. The Ultimate Spa Escape is All About YOU...

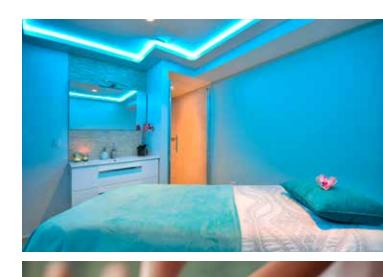
LOCATION

Divi Aruba Phoenix Beach Resort. Tel: (+297) 586-6066 ext. 7069 E-mail: info@purespaaruba.com. Website: www.purespaaruba.com Hours of Operation:

Monday-Saturday from 9am to 6pm, Sundays from 10am to 4pm



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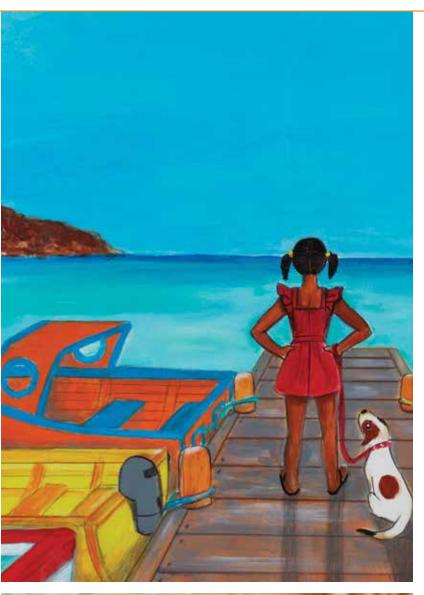
What's A

Vegan Fare by Elements Restaurant at Bucuti & Tara Beach Resort

Elements Restaurant at Bucuti & Tara Beach Resort is proud to have the most extensive vegan menu on the island. With daily vegan options on their breakfast buffet, a full vegan lunch menu, and numerous vegan dinner options, Elements is the perfect spot for delicious vegan fare any time of day. Their bar even serves a "Healthy Hour" for hotel guests, a green take on happy hour where smoothies are half off. With creative dishes like Cashew Cheese Tacos and Avocado Tartare, there's something new to try during every meal. A guest favorite, BBQ Chickpea Lettuce Wraps, features fresh cilantro, sweet corn, avocado, tomatoes, red onion, and "cheesy" chickpeas, all tossed in a creamy house-made cilantrolime dressing, stuffed into romaine hearts, and finished with a BBQ-sauce drizzle. There are so many popular dishes to choose from on this menu. The Peanut Tempeh Satay is such a hit that it was recently featured during a cooking demo on a local TV program! You'll see local and regional ingredients, such as sweet plantains and Aruban cucumbers, used in many of the dishes. Elements offers a fully labeled vegan drinks menu and houses a staff that is highly knowledgeable about vegan living. And an added bonus—bread for all guests in the Elements bread basket is vegan!









The Search for Streya

Local writer and artist collaborate to promote sea turtle conservation on Aruba

Tina Causey-Bislick, author of *The Search for Streya:*

I met artist Vanessa Paulina 16 years ago. I saw some of her paintings on display at the clubhouse of Tierra del Sol Resort & Golf. I could not take my eyes off of one of her paintings, which depicted a cherubic Caribbean boy. He had this unmistakable twinkle in his eyes that pulled me in. The artist was as intriguing as her paintings—we had an instant connection, and she was the subject of the first article I ever wrote about an artist and has remained a good friend ever since.

About ten years ago, I decided to venture into children's fiction. The island of Aruba would be the setting, and a mystical sea turtle named Streya and two local children would be my main characters. Who better to depict the spirit of two beautiful Aruban children than Vanessa? She loved the idea and waited patiently for me to finish my rough draft so she could bring my characters to life on canvas.

About a year ago, I was finally able to read my rough draft to Vanessa. When she had tears in her eyes and said, "I can't wait to paint your words," I knew we were on the right track as a team!

Vanessa went to the drawing board and presented me with her vision of the characters in the book—she nailed it! Next, we had to decide on all the details: hairstyles, clothing choices, and colors. We drove all through Mangel Halto and Savaneta, picking certain aspects of the landscape and various wooden docks and local fishing boats to use as inspiration for the settings in the book. Vanessa then worked on the final images to match the story from page to page.

Aruba's close-knit community is very supportive of its artists, writers, musicians, and performers. Several resorts and local companies believed in us and our project, offering to pre-purchase books so that we could raise enough funds to take it to print. Vanessa and I are eternally grateful to the following companies and organizations that contributed, thereby helping us take *The Search for Streya* to print: Hilton Aruba Caribbean Resort & Casino; Aruba Marriott Resort & Stellaris Casino; Tropicana Aruba Resort & Casino; The Ritz-Carlton, Aruba; Aruba Tourism Authority; Botica di Servicio; Renaissance Aruba Resort & Casino; Divi Resorts; and De Palm Tours.

The Search for Streya can be purchased at several local bookstores and in the hotel areas, including at The Juggling Fish gift and clothing shops, The Ritz-Carlton's lobby gift shop, TradeWinds gift and clothing shops, and Botica di Servicio pharmacies.

What's





Casa Nonna Debuts at The Ritz-Carlton, Aruba

Italian comfort food is graced with a contemporary flair at the newly opened Casa Nonna at The Ritz-Carlton, Aruba. Casa Nonna, meaning "grandmother's home" in Italian, represents traditional Italian cuisine, in particular Roman and Tuscan fare, just like grandma would make in her kitchenscratch pastas, authentic sauces simmering all day on the stove, and dishes flavored with fresh herbs from the garden. The artistic presentation of the dishes makes one think this Nonna wears pearls while she cooks!

With the original Casa Nonna based in New York City, the new location in Aruba marks Casa Nonna's second address. Much thought went into the interior design, where just like the cuisine, contemporary meets comfort. Oversized booths with distressed suede cushions, tabletops made from recycled wine barrels, potted herbs and lemon trees, elegant gold-foil wallpaper accents, and walls of framed photographs depicting everyday home and community life create an eclectic yet refined dining experience paired with The Ritz-Carlton's renowned service and hospitality.

In addition to an all-Italian wine list, Casa Nonna takes the cocktail experience to a new level with tableside cocktail service—a first on Aruba. A portable bar brings mixologists right to your table to make handcrafted Bellinis and classic Negronis.

Save room—LOTS of room—for dessert. Pumpkin panna cotta, tiramisu with espresso crema, several flavors of sorbetti and gelati, and spumoni with chocolate, pistachio, and cherry-almond ice creams are just a few of the sweet endings to a classic Italian meal enjoyed at Casa Nonna. To see the complete menu and make reservations, visit https://casanonna.com/aruba.







What's A



Bohemian Brings Fabulously French Flair to Palm Beach

Having opened in late 2018, Bohemian Bar & Restaurant adds another intriguing thread to the island's culinary fabric. The restaurant is the vision of Daveed Nataf, whose family also owns and runs Casa Tua, an Italian restaurant with locations in Palm Beach and at Renaissance Marketplace. The new culinary endeavor whimsically winks at French cuisine, with a nod to Spain and the Mediterranean region.

Daveed has been dreaming of this concept for a while, with his creative eye zeroing in on an unsuspecting spot—a remote corner of a parking lot at Barceló Resort, in the heart of the action along the Palm Beach hotel strip. A lush throng of grape trees created the foundation for a tucked-away, private, alfresco garden setting. The service staff, donning berets and suspenders; the relaxing, loungey vibe; and a menu that includes ingredients and wines imported from France, Spain, and Italy combine to bring Aruba a funky, stylish, and unique dining experience.

Learn more and make reservations online at www. bohemianaruba.com.









Island Life

Aruba's Best-Kept Diary

- SELECTION OF COLUMNS FROM 1992 - 2004 -

By Rona Coster



Everything you always wanted to know about Aruba, and more!

Elegant, hard cover coffee table book; find your copy at:

De Wit & Van Dorp, including their two stores at the Aruba Airport Plaza Book Shop • Bruna • T.H. Palm & Company at Playa Linda The Bazaar at the Aruba Marriott Resort • The MarketPlace at Marriott's Surf Club • Shoco Market at Hyatt Regency • Coconuts seaside at Barcelo Resort • Tradewinds at Costa Linda Beach Resort, RIU Antillas, Hilton Aruba Caribbean Resort & Casino and Marriott's Ocean Club Pure Indulgence Spa at Divi Phoenix • Indulgence by the Sea Spa at Divi Mega Resorts • Taste of Aruba in South Beach Center.



Vhat's

Apotheek Remedy Cocktail Bar—The Cure for What Ails You!

You might remember the iconic Garufa Cigar Bar & Lounge, located on a corner on Wilhelminastraat. With Garufa shuttered for a few years now, entrepreneurial mixologists Maku Wiggins and Marksonn Maduro saw a diamond in the rough—an ideal spot for their pop-up bar concept. The retro location was perfect for the vintage-style speakeasy they had in mind, and voila—Apotheek Remedy Cocktail Bar was born.

Cleverly combining concepts of yesteryear—the speakeasy and the apothecary—the bar offers "prescriptions" for what ails you. Simply go to the wall of Remedies, Herbal Concoctions, Painkillers, Elixirs, and Dr.'s Orders for your Rx—a uniquely crafted cocktail—choose your cure, and hand it to your "pharmacist" mixologist behind the bar. Some 25 unique cocktails prepared with fresh ingredients—many of them local are offered, but patrons can always order basic and traditional cocktails as well.

Apotheek is located at Wilhelminastraat 63 in Oranjestad, and is open nightly at 7 pm. Follow them on Facebook: @apotheekbar.

















Authentic Peruvian Roast Chicken at Las Brasas Peruanas

At Paradise Beach Villas, restaurateurs Jan & Roxana Van Nes are now operating Las Brasas Peruanas, a rotisserie chicken hut, as a charming branch of Asi Es Mi Peru.

The eatery's charcoal-burning rotisserie, made in Peru and shipped to Aruba, traps heat and steam internally, thus producing no smoke while ensuring that the chicken retains its full flavor and all its juices. Roxana reports that the chicken is marinated for 24 hours in a special mix of Peruvian herbs and spices, including garlic, cumin, and Peruvian pepper, then spit-roasted for an hour and 20 minutes! The recipe is Peruvian, the chef is Peruvian, and the nicely browned beauties live up to their reputation of being finger-licking delicious.

The rotisserie chicken is accompanied by French fries or chaufa rice—Peru's version of Chinese fried rice—and a fresh garden salad. One version, Brasa a lo Pobre, includes rotisserie chicken, fried eggs, fried plantains, French fries, and garden salad.

Patrons can choose to eat in or take out. Take-out orders can be placed by calling +297-592-5699 or +297-588-3958. Address: Paradise Beach Villas, J.E. Irausquin Blvd 64, Eagle Beach, Aruba (next to Asi Es Mi Peru)

Investing in Paradise Aruba's Life Condominiums offers buyers affordable luxury and authentic island lifestyle

The dream of living on a Caribbean island is becoming an achievable reality. Savvy developers are creating affordable alternatives to posh, multi-million-dollar condominiums, resulting in vacation and retirement projects that offer an authentic island lifestyle away from the hustle and bustle of the commercial, touristy areas of the island.

Aruba's Life Condominiums, scheduled for completion in early 2019, is developing just such an opportunity for those yearning for an island retreat that features modern amenities and luxury, set in a quiet, charming locale.

Location, location, location...

Away from it all, but oh so close! Tucked away in a quaint island neighborhood, Aruba's Life is located close to the island's picturesque north coast, where homeowners can enjoy hiking, mountain biking, or quiet contemplation in the serene countryside. A five-minute drive brings homeowners to the excitement of Palm Beach for world-class shopping, dining, and entertainment.

Investment

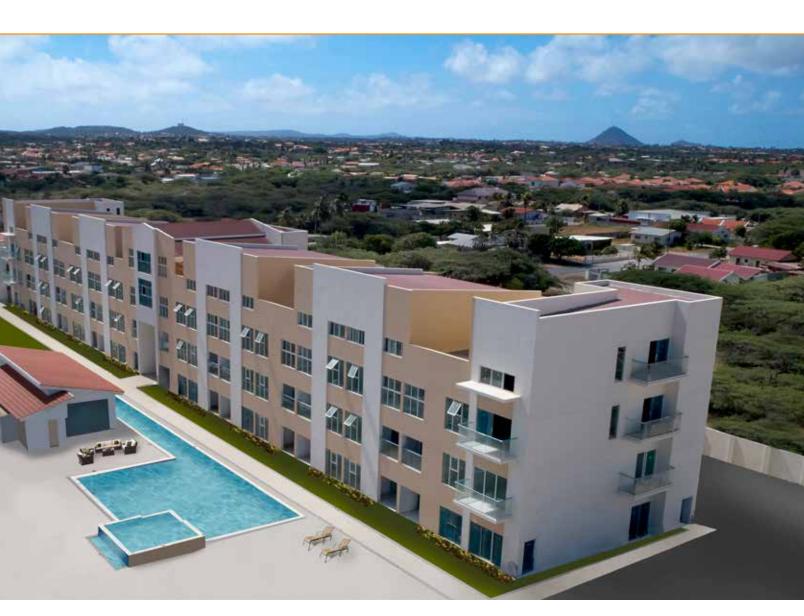
Vacation-home ownership is growing every year, and with the rise of booking platforms like Airbnb and Booking.com, NOW is the time to let your vacation home work for you! Aruba's Life also offers an optional Rental Management Service.

Quality

Aruba's Life features top-quality construction materials (the entire project is built with concrete and masonry); a sustainable, environmentfriendly water system; and energy-efficient air conditioning in each of the 50 units. Each unit also features durable and resilient Silestone kitchen surfaces and tiles in the bathroom and living area.









Amenities

Stay active and keep up with your workouts in the fitness facility; swim a few laps in the morning in the 25-meter lap pool; stay active island-style with three beach tennis courts and a beach volleyball/soccer court; escape to the Relax Zone for an island siesta; unwind in the Jacuzzi with a glass of wine; or enjoy a cocktail or a bite to eat at the on-site bar and restaurant. Want to hit the beach? Jump in the beach shuttle for easy access to Aruba's popular beaches.

For more information, visit the website at www. arubaslife.net, or call today at +297-699-2979 to schedule a walk-through.

What's A



O cOndominium Full Speed Ahead

O cOndominium, with an iconic Eagle Beach locale, was conceived as a barefoot-lifestyle enclave of pure island cool. Its location is legendary. Situated on the edge of one of the world's top beaches and just ten minutes from downtown Oranjestad, Aruba's new premium address boasts 4O luxurious oceanfront condominiums featuring spectacular views of the famous white Eagle Beach sands, crystal-clear turquoise waters, and iridescent sunsets.

O cOndominium, just minutes from happening Palm Beach and the indulgences of the high-rise hotel area, offers easy access to a great mix of shopping, dining, entertainment, gaming, and exciting nightlife. In addition, the complex is just steps away from a wide variety of ocean activities, golfing, and the tranquil low-rise resort area with its pristine beaches.

Following current trends of modernism and minimalism, a team of highly talented and creative architects, interior designers, and landscape artists created a stunning building with lush grounds, exceptional services, and a spectacular collection of luxury residences in seven distinctive unit



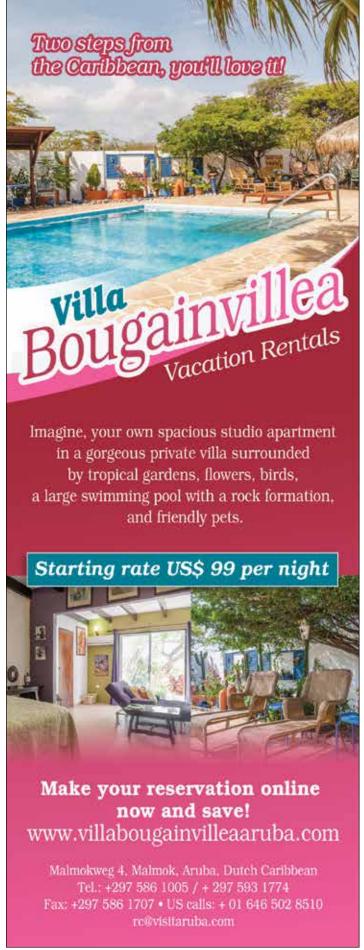


designs, taking full advantage of the incomparable oceanfront location and sunset orientation.

The happy residents of O cOndominium will enjoy spacious apartment-home living with countless luxury amenities in every room. With everything from flawless space planning to sound attention to detail. O cOndominium delivers a true and comfortable island-life haven.

Some of the spectacular design features include spacious sun-drenched rooms, panoramic views, avant-garde design elements, and luxury finishes for the two- and three-bedroom residences, ranging in size from 140 sq m to 256 sq m. The developers' vision for the first boutique resort-style residence compound on the island's prestigious Eagle Beach includes amenities and services comparable to five-star resort hotels, with an inviting modern lobby with reception, lounge areas, an expansive beachfront pool area with infinity edge pool, Jacuzzi, lounge chairs, umbrellas, BBQ area, showers, and coded date for beach access, besides a state-of-the-art, air-conditioned fitness facility with outdoor space, Spinning bikes, and up-to-date gym equipment. Best of all, all units are delivered turnkey with trendy interior design fixtures, contemporary European kitchens, quality finishes, and premium architectural elements.

For more information, visit the onsite sales office, south of the Screaming Eagle restaurant, J.E. Irausquin Blvd. 224. Phone: +297-586-2200. Email: sales@o-eaglebeacharuba.com.







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